

# Method and apparatus to track rest time during a fitness exercise

## Abstract

Device in the present invention is a rest timer is that is easy to use and can be mounted on a frame of a weight lifting equipment. The device comprises four preset buttons, which set commonly used rest times. The time is displayed on LCD display. Pressing a button starts the rest time countdown. After the countdown reaches zero an audio signal sounds and the display shows the preset value again. The rest value can be adjusted by using up/down buttons. The device uses a microprocessor to control LCD display, timing and buttons. This allows for a very low component count and ease of manufacturing. User-friendly buttons layout makes the device suitable to use by any level or skill fitness club participant. The device is powered by a battery and can last a long time thanks to power-saving logic of a computer program running on the microprocessor.